



## **Strength-based Resiliency Questions for Any System**

### **Basic Questions**

1. What do you do well?
2. How have you been able to endure so much?
3. What do you like to do in your leisure time?
4. What are the best three moments you can recall in your life?
5. What is the best thing you have ever made happen?
6. What is your previous life suffering preparing you to do with the rest of your life?
7. Which of your life challenges have taught you the most about your own resilience?
8. What sources of strength did you draw from as you faced these challenges?
9. What have you learned from what you've gone through?

### **Additional Questions (C/o Mark Sanders, Behavioral Health Consultant in Chicago)**

1. What is working well?
2. Can you think of things you have done to help things going well?
3. What have you tried? And what has been helpful?
4. Tell me about what other people are contributing to things going well for you?
5. What could be going better?
6. What stops things working better for you?
7. What would be happening if things were working better for you?
8. What small thing could you do that would make a difference?
9. Tell me about what a good day looks like for you? What makes it a good day?
10. On a scale of 1 to 10 how would you say X is? What might make that score a little better?
11. What are you most proud of in your life?
12. What achievements have you made? How did you make them happen?
13. What inspires you?
14. What do you like doing? What makes this enjoyable?
15. What do you find comes easily to you?
16. What do you find you learn most easily?
17. What do you want to achieve in your life?
18. When things are going well in your life – tell me what is happening?
19. What are the things in your life that help you keep strong?
20. What do you value about yourself?
21. What would other people who know you say you were good at doing?
22. What would your family and friends say you were good at?
23. You are resilient, what do you think helps you bounce back?
24. What is one thing you could do to have better health, and feeling of wellbeing?
25. How have you faced / overcome the challenges you have had?
26. How have people around you helped you overcome challenges?



27. What are three things that have helped you overcome obstacles?
28. If you had the opportunity what would you like to teach others?
29. Without being modest, what do you value about yourself, what are your greatest strengths?
30. How could/do your strengths help you to be a part of your community?
31. Who is in your life?
32. Who is important in your life?
33. How would you describe the strengths, skills, and resources you have in your life?
34. What could you ask others to do, that would help create a better picture for you?
35. What are the positive factors in your life at present?
36. What are three (or five or ten) things that are going well in your life right now?
37. What gives you energy?
38. What is the most rewarding part of your life?
39. When now, or in the past, have you felt like you are making a difference, making a contribution?  
How did you make this happen?
40. What would make you feel you are making a contribution?
41. Tell me one, (or five or ten or more) things that you can do?
42. What makes you feel excited OR useful OR satisfied? Tell me about a time when you felt these feelings?
43. Tell me about a time when you responded to a challenge in a way that made you feel really on top of things?
44. How have you been able to develop your skills?
45. How have you been able to meet your needs?
46. What kind of supports have you used that have been helpful to you? How did the supports improve things for you?
47. Tell me about any creative, different solutions you have tried. How did this work out?
48. When you think about X (whatever it is that is stopping things going well) is there anything you can think of that could help in any way?
49. Can you think of one small manageable step that would improve X for you?
50. What resources such as community, people, aids, and equipment do you have now? Do you know of other resources that might be helpful for you?

Source: <http://www.changedlivesnewjourneys.com/50-first-strength-based-questions/>